From Struggle to Strength: Overcoming Obesity

By Jonathan Olvera

Hello, Readers,

I have a story to share—one about my journey as an overweight person and how I found hope.

For a long time, food was more than just sustenance to me—it was my comfort, my reassurance that everything would be okay. The best part of my day was indulging in sugary biscuits for breakfast and cereal. I craved pork rinds, different kinds of chips, and soda.

Meanwhile, I lost many friends to the dark forces of the world. I saw people consumed by destructive paths, and in my loneliness, I turned to food.

Eat, eat, eat—I ate all the time.

As the years passed, I gained a significant amount of weight. By the time I reached thirty, I could no longer stand the reflection staring back at me. My body felt like a prison, weighed down by excess skin and fat, making me uncomfortable in my own skin.

I tried to lose weight, but my efforts seemed futile—until I turned to the Bible. It opened my eyes to the reality that my unhealthy relationship with food was harming me, not helping me. I realized I was fighting a spiritual battle as much as a physical one.

Work kept me busy, especially since there was a large steel order at the site where I was employed. But deep down, I knew I needed more than just a job —I needed a change.

For a year, I wrestled with the idea that I wasn’t powerless. I had options. I started praying, meditating, and learning how to fast. Soon, I found myself attending church.

It took great courage to admit to my elders that I struggled with obesity and was considering surgery to reclaim my health.

Determined to make a change, I enrolled in an online school. I viewed my refrigerator as my enemy, a constant temptation that I had to overcome.

One day, while sorting through my mail, I came across a contact for a local surgeon who was willing to help me. Before long, I was under the scalpel,

and the fat that had threatened my life and sanity was finally gone.

Now, I have hope for the future. I have so much to look forward to, and for the first time in a long while, I feel free.

Thank you, readers, for your support.